The Wellmometer Dashboard

Nursing Informatics 2018
A.K. Rotegård et al. (Eds.)

doi:10.3233/978-1-61499-872-3-154

The Wellmometer Dashboard: Enhancing Person Centred Care

Sharon Levy[a]

[a] *Nursing Studies University of Edinburgh, Edinburgh, Scotland.*

Abstract

A nurse led digital health project, envisaged here, is set to promote holistic assessment and increase peoples' engagement in self care. Through a focused therapeutic interaction, service users would articulate the significance of verious wellness fascets and set individualised targets. The weightage of each component will translate to algorithms that provide an overall wellness score. The visualisation of segments within a Wellmometer User Interface could motivate and promote change.

Keywords:
Well-being, innovation, digital health

Introduction

In the healthcare arena, clinical data visualisation is often set to illuminate indicators that relate to ill health and depict disease progression. Such an approach, when working well, prompt clinicians to seek ways to maintain and control signs and symptoms, and aid competant clinical decision making. Capturing meanigful data requires the right assessment tools, which are stractured to fit a clinical pathway. In nursing, holistic assessment relies on effective communications with a range of stakeholders, including patients and carers. A range of screening tools are used to aid care planning including validated scales, grades and rubrics (1).

In my own nurse led wellness clinic, an 'analogue Wellmometer' is used to enable users to note their wellness staus along a 1-10 scale. This score is then explored further, during a therapeutic encounter, where care is planned and agreed goals are set and recorded. Progress is monitored in follow up consultations, where self reported achivments and hurdeles are discussed.

This process seems archaic in a digital world where citizens have access to a myriad of connecetd devices, which monitor and record verious wellness fascets. A digitaised Wellmometer, which retains person-centredness, could be calibrated to link data items that offer a holistic view of the person and their activities. Agreed action plan could be monitored and the focus of the traditional clinical encounter could shift to planning activities that generate and enhance a sense of wellness and fulfilment.

Evidence suggests that it is such activities that could support an optimal level of health, maintain alertness and fitness, and contribute to the reduction in stress and anxiety. Increasing number of studies confirm the importance of a positive mental attitude and happiness as significant factors in peoples' positive response to treatment.

Methods

The project is looking at the feasibility of capturing and 'tagging' data that could feed into a Wellmometer dashboard. Unlike standalone devices or dedicated Apps, this integration platform would capture data from a wide range of sources. These may include fitness or sleep trackers but may also include user defined data items such as healthcare goals or input to a mood diary.

From the plethora of potential data sources, users and their clinicians will select an appropriate and limited number of 'dials' to appear on the personalised dashboard. Each dial could have different 'weighting', agreed in the initial wellness consultation with the patient, based on the significance of that element to the patient's health and wellbeing. Weighted scores from each section will be aggregated through the Wellmometer to indicate an overall level of wellness.

Each individual dial will be linked to general guidance, wellness strategies and educational segments, based on evidence based guidelines. Recording over time will offer an opportunity to identify trends and triggers that impact on the overall wellness of the individual. Such information may guide future clinical interaction or be used by the individual to modify their behaviour or adopt a new strategy or intervention to explore.

Discussion

The proposed project has a significant potential to impact on the way healthcare service users and providers interact and share decision about planned care. Enabling people to take more control of the way healthcare needs are addressed, promote choice and empowerment (2). As with other technological innovation: the 'unleashing' of the Wellmometer may trigger unexpected benefits, or unforeseen risks to the individual citizen or to therapeutic interactions. The initial stage of our investigation is set to capture evidence on which further enhancements may be considered.

References

[1] Stewart, B et al. Validation of the Alder Hey Triage Pain Score, *Archives of Disease in Childhood* **89, 7** (2004), 625–630.

[2] A Dixon, *Motivation and Confidence: What Does it Take to Change Behaviour?* Report no. 4. Kicking Bad Habits Series. (2008) London. The King's Fund.